



A Deeper Look Inside: *Retinol*

Retinol vs. Retinyl Palmitate

Both Retinol and Retinyl Palmitate are forms of **Vitamin A**. Retinyl Palmitate is an ester -- or chemical compound -- formed from the reaction of retinol and palmitic acid. In order to use any form of topical Vitamin A, the body must *convert it first* into Retinoic Acid. Retinyl Palmitate must be broken down into Retinol, then Retinal Dehyde and finally Retinoic Acid. Retinol is the purest form of Vitamin A, and about 20% more potent than Retinyl Palmitate.

Efficacy and Performance

Many consumers are concerned about the percentage of Retinol in anti-aging products such as serums or moisturizers. Although the percentage can make a difference (especially if it's too low), it is not helpful in understanding how a Retinol product will benefit your skin. Far more important is the *delivery system*, packaging, and the other ingredients present with the Retinol. *Using a product with a range of anti-aging ingredients **plus** Retinol is far more valuable for skin than using a product with only a supposedly high percentage of Retinol.*

Exfoliating Effects

Retinol is used in a variety of skincare preparations as an **exfoliator** to stimulate cell turnover in your skin. As an intelligent, cell-communicating ingredient, Retinol talks to existing skin cells, telling them to act and look younger. Because Retinol stimulates cellular turnover from the **deeper layers** up, it is safe to use with AHAs or BHAs, which work to exfoliate on the **uppermost layers**. *While Retinyl Palmitate is an earlier form of retinol, it does not have the same effects.* Instead, Retinyl Palmitate can be effective in boosting collagen fiber production in your skin, which can help you look younger.

Retinol Night Masque

CBI's NEW Retinol Night Masque uses a time-released Retinol at .2% in the form of liquid-crystalline spheres to ensure the highest efficacy, with minimal irritation. We also formulated the masque with a blend of nocturnal plant extracts that lock in nutrients and soothe stressed skin, improving elasticity throughout wear.

Treating Possible Side Effects

Irritation, Redness, Dry Skin

The key to minimizing this kind of side effect is to use the retinoids *slowly*. Use a small amount, infrequently, until your skin builds tolerance. You may even want to use a less potent type of retinoid, like our **Vitamin A Refining Complex**, to get your skin acclimated to the treatment before using something stronger. Sometimes giving your skin a break and then starting up a week later can help calm irritation. Though if it doesn't, your skin may just not like that particular retinoid.

Irritation Around the Eyes

To reduce irritation around the eyes from retinoid use, protect your eyes with something emollient (we suggest our **Hydrating Complex Crème**) Using a retinoid around the eye can make fine lines look worse before they get better, so make sure you use retinoids slowly, give your skin a break when it feels irritated, and keep your skin well moisturized.

Breakouts and Purging

Most prescription retinoids are prescribed with an antibiotic to help minimize any potential purging. Using a retinoid slowly and using gentle, non-comedogenic products will help as well. Additionally, gel-based retinoids, like our **Vitamin A Refining Complex**, or silica-based retinoids, like our **Retinol Night Masque**, may be less problematic for acne-prone and congested skin types than cream based treatments.

Sun Sensitivity

When using retinoids, you should try to stay out of the sun, as any form of Vitamin A makes skin more sensitive to sun exposure. Whenever you do go outdoors, or even when you're inside, you should always wear a good sunscreen, like our Award-Winning, **Daily Mineral Guard SPF 25**. Not only will sunscreen protect you from getting further sun damage.

****Avoid retinoids while you are pregnant, breastfeeding, or trying to conceive.****

Sources

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